



2023 Class Schedule

New Family Center

at Vista Medical Center East



Register for Vista's free prenatal classes: (847) 360-4333 ext. 5218

Class Location:
Vista Medical Center East • 1324 N. Sheridan Road • Waukegan

Breastfeeding & Pumping Basics

FREE. Learn the benefits of breastfeeding, how to get off to a good start, tips for working mothers and information about pumping, including how to select a breast pump. A support person is welcome to attend. Includes a **tour** of the New Family Center.

Saturdays • 10-11 a.m.

- Jan 28 • Feb 25 • Mar 4 • Apr 15 • May 27 • Jun 10
- Jul 22 • Aug 19 • Sep 16 • Oct 28 • Nov 11 • Dec 30

Mondays • 6-7 p.m.

- Jan 9 • Feb 13 • Mar 27 • Apr 3 • May 8 • Jun 26
- Jul 10 • Aug 28 • Sep 4 • Oct 2 • Nov 27 • Dec 11

Understanding Your Newborn

FREE. This class prepares parents for newborn care with information about swaddling, diapering, bathing, burping, comfort techniques and infant safety. Includes a **tour** of the New Family Center.

Saturdays • 11-12 p.m.

- Jan 28 • Feb 25 • Mar 4 • Apr 15 • May 27 • Jun 10
- Jul 22 • Aug 19 • Sep 16 • Oct 28 • Nov 11 • Dec 30

Mondays • 7-8 p.m.

- Jan 9 • Feb 13 • Mar 27 • Apr 3 • May 8 • Jun 26
- Jul 10 • Aug 28 • Sep 4 • Oct 2 • Nov 27 • Dec 11

Childbirth Preparation

FREE. This 2.5-hour class helps parents get ready for their new baby with information about labor and delivery, breathing and relaxation techniques, cesarean section and postpartum care. Includes a tour of the New Family Center. Birth partners are encouraged to attend!

Saturdays • 9-11:30 a.m.

- Jan 7 • Feb 4 • Mar 18 • Jul 1 • Aug 12 • Sep 2
- Oct 14 • Nov 4 • Dec 16

Sundays 9-11:30 a.m.

- Apr 16 • May 21 • Jun 11

Tours

Expectant families are invited to Vista's New Family Center for a complimentary tour of our beautiful unit. **Schedule a personal tour by calling (847) 360-4333 ext. 5218.**



Free prenatal classes and tours of the New Family Center are designed for pregnant women and their support person planning a delivery at Vista Medical Center East. For security reasons tours are not open to the general public.